

I CLAIM:

Int 1. A sole for use in an article of footwear in proximity to a plantar surface of a foot, said sole having a resiliency index in the range from about .05 to about .5.

2. A sole as defined in claim 1, having a resiliency index in the range from about .1 to about .35.

3. A sole as defined in claim 1, having a resiliency index in the range from about .1 to about .2.

4. A sole as defined in claim 1, having a thickness in the range from about 2 millimetres to about 50 millimetres.

5. A sole as defined in claim 4, having a thickness in the range from about 5 millimetres to about 25 millimetres.

6. A sole as defined in claim 4, having a thickness in the range from about 12 millimetres to about 20 millimetres.

7. A sole as defined in claim 1, having a hardness in the range from about Shore A 2 to about Shore A 40.

8. A sole as defined in claim 1, including synthetic material.

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9. An article of footwear including a sole in proximity of a foot receiving surface of said article of footwear, said sole having a resiliency index in the range from about .05 to about .5.

10. An article of footwear as defined in claim 9, wherein said sole has a resiliency index in the range from about .1 to about .35.

11. An article of footwear as defined in claim 9, wherein said sole has a resiliency index in the range from about .1 to about .2.

12. An article of footwear as defined in claim 9, wherein said sole has a thickness in the range from about 2 millimetres to about 50 millimetres.

13. An article of footwear as defined in claim 9, wherein said sole has a thickness in the range from about 5 millimetres to about 25 millimetres.

14. An article of footwear as defined in claim 9, wherein said sole has a thickness in the range from about 12 millimetres to about 20 millimetres.

15. An article of footwear as defined in claim 9, wherein said sole has a hardness in the range from about Shore A 2 to about Shore A 40.

16. An article of footwear as defined in claim 9, wherein said sole includes synthetic material.

17. An article of footwear as defined in claim 9, wherein said sole has an upper surface constituting said foot receiving surface.

18. An article of footwear as defined in claim 9, wherein said article of footwear is selected ^{from} ~~in~~ the group consisting of a shoe, boot and sock.